



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

Trigg County 4-H Newsletter

Cooperative Extension Service
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4-H YOUTH DEVELOPMENT



January 2017

HAPPY NEW YEAR 2017! WOW! It is hard to believe 2016 has come and gone. I hope 2017 is a great year for you and you will strive to follow the 4-H motto "To Make the Best Better"!! I know you will have a fun filled year if you get involved in all the 4-H activities that are planned for you! Be sure to read your newsletter each month so you don't miss out on the fun. Tell Mom and Dad what is going on in 4-H. Make 4-H a family affair.

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interested in serving!

Trigg County 4-H needs volunteers to serve on the 4-H council, to become certified shooting sports volunteers, robotics and horse club leaders. Please contact Janeen if you are



4-H Council

The Trigg County 4-H council meets quarterly for about 1 hour. We need interested adults and teens to serve on the council in an advisory role. Our next meeting will be **February 1, 3:30** at the Trigg County Extension Office.

UPCOMING EVENTS HOW TO SIGN UP

Pay attention to deadlines, call early, space is limited. Call 270-522-3269, 270-350-0395, email jtramble@uky.edu or [facebook.com/trigg4h](https://www.facebook.com/trigg4h) Classes are often limited so don't wait to sign up. Also, classes may be cancelled if there is low registration. **If school is out due to weather 4-H events are also cancelled.**



December Club Project What talented snowflake makers we have. Thanks to all who made a unique snowflake this year.



4-H CAMP Hard to believe we are already planning for camp. We will be camping **June 6 – 9**. The cost is \$210. Watch for camp

forms coming in March. I hope to see you at camp!



Horse Club Are you interested in horses? If so join us for the organizational meeting on **January 12th at 6:00** at the Trigg County

Extension. Bring an adult with you.

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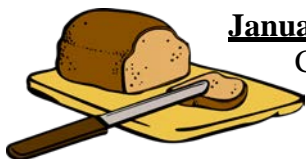


Disabilities
accommodated
with prior notification.



Cooking Club will be meeting on **Thursday January 19th from 3:30 – 5:00** at the Trigg County Extension Office. The fee will be \$5 or less. Sign up by Monday

16th. Space is limited.



January Make it & Bake it

Come with your adult on

January 24th at 6:00

to the Trigg County

Extension office. You will make

Bread in a Bag. You'll make a batch to take home and we will definitely eat some! The cost is \$5, sign up by January 20, space is limited.



Bike Club

We have a new Bike Club – If you like to ride, come join us. Our first meeting is **January 17th,**

from 3:30-5:00 at the Trigg County Extension office. Call by Monday the 16th so we will be prepared for you. For more information call Abby Hill at 270-350-8629.



Livestock Club The Livestock club is meeting the 2nd Monday of each month (**January 9**) 4:00 p.m. at the Trigg County Extension Office. If you are

interested in Swine, Sheep, Goats, Cattle or even Rabbits and Chickens – Please join us.



February Make it & Take it Class

In February we will be making soap. You will learn about goat

milk soap, essential oils and even get a hand massage. The class will be at the Trigg County Extension Office on **Tuesday, February 21 at 6:00**. The cost will be \$5.00 and you will need to sign up by February 17.



Vet Science What does a veterinarian do each day? Want to find out? Join us for Vet Science class on **February 2, 9 & 16 at 6:00**

p.m. at the Little River Vet Clinic. Call by January 30th to sign up.



Middle School Club will meet on **Tuesday, January 10th** at 3:00 in Ms. Lisa Calhoun's room in the middle school

Teen Club will meet on **January 27**.



Environmental News

An estimated 80,000,000 Hershey's Kisses are wrapped each day, using enough aluminum foil to cover over 50 acres of space -- that's almost 40 football fields. All that foil is recyclable, but not many people realize it.



Nutrition Tip of the Month

More from our notes on cutting back on sugars - Serve small portions. It's not necessary to get

rid of all sweets and desserts. A small amount of treats can go a long way. Use smaller bowls or plates, share a candy bar or split a large cupcake.

COMING SOON: Sewing Day Camp and Communications events.



WISHING YOU A VERY HAPPY NEW YEAR!!